

Seven days/six nights in full board, including five days of walks to discover the Massif du Mézenc, its flora and fauna, its history, its heritage and its volcanoes.

THE STAY

DATES

Every week from May 10 to September 27, 2009, from Sunday to Sunday.

ACTIVITIES

Level: walks last from 5 to 6 hours, depending on the group; if enough people take part in the walk, two different groups are set, the "calm" group (between 300 m and 500 m difference in altitude per day) and the "sport" group (up to 800m difference in altitude per day). You therefore need to be used to walking and to be in rather good shape.

Program : are planned during the stay

- ⇒ 4 days of walks where the picnic is delivered.
- ⇒ 1 day of walk where the picnic is carried in the bags (in order to have lunch in even more superb scenery), weather permitting, otherwise picnic is delivered.
- ⇒ 1 excursion day, taking place mid-week, in order to relax and discover local history and heritage. Visits with your host followed by free time.

Picnic : 4 days a week picnic is brought with the hotel minibus at the location where both groups meet for lunch. Anyone who doesn't want to walk all day can therefore come or leave with the bus (depending on the number of available seats).

Examples of walks* : the Mont Mézenc, the Sucs of Ardèche, the Roches tour, the Issarlès lake, the former Transcévenole railroad, the Cirque of Les Boutières, the Devil's Teeth, the Chapeuil mills, the Narces of Chaudeyrolles...

* The choice of itinerary will depend on the weather and the fitness of the participants. The program varies from one week to the next, people wishing to stay two weeks will therefore not do the same itinerary twice.

EVENINGS

Evening entertainment will take place several times during the week (bingo, Pictionary, "boules" tournament...). If you're looking for something quieter, various card and board games are at your disposal.

CHILDREN

REGARDING THE ACTIVITIES :

- Under 12: activities are not suitable
- Over 12: under the parents responsibility

THE LOCATION

The stay takes place on the Mézenc-Gerbier plateau and in the surrounding area (Montagne Ardéchoise, Meygal, Chapeuil, Pays de la Loire sauvage).

THE VILLAGE

Situated at the limit between the Haute-Loire and the Ardèche districts, at the foot of the Mont Mézenc (the "Giant of the Cévennes" at 5,750 ft), the village of Les Estables is the locality with the highest altitude in the Massif Central at 4,400 ft. Surrounded by ancient volcanoes, the likes of which can't be seen anywhere else in Europe, and including the famous Mont Gerbier de Jonc (sources of the river Loire), the village and the surrounding area have a lot of different sights to offer: volcanic high plateaux with sucs (volcanic domes), deep gorges, unforgettable valleys and landscapes. The area has remained wild and preserved.

THE HOTEL

Within walking distance from the centre of the village, the 2-star la Découverte hotel in Les Estables offers quality accommodation in a recently built building, fully integrated into the landscape with its wooden facades, and specially designed for hikers. All our 21 rooms have the same comfort (bathroom with large showers, separate toilets, direct line telephone) all face towards the South of the valley. Other available amenities include a heated indoor swimming pool, a sauna, a fitness room, a table tennis room, a pool table, a lounge with fireplace, a self-service bar, a panoramic restaurant, an outside bowling pitch, a garden, a terrace, a private car park, etc... A tennis court is also located not far from the hotel, 50m away.

Breakfast and evening meals are taken on the common tables in the hotel restaurant.

YOUR HOSTS

Martine, Bernard and their son Alexandre will welcome you in a convivial atmosphere; with them you will discover the region and fall for the charms of these vast landscapes.

